



- Heart Disease
- Mental Health
- Obesity

INTEGRIS

Baptist Regional
HEALTH CENTER

Community Health Improvement Plan 2014

INTEGRIS Baptist Regional Health Center
Miami, Oklahoma

200 Second Ave. SW • Miami, OK 74354 • 918-542-6611

Table of Contents

Community Health Needs Assessment

Community Partnerspage 4
Community Descriptionpage 5-6
Methodology.....page 7-8
Prioritized Needs.....page 9-12
Assessment Summarypage 13-14

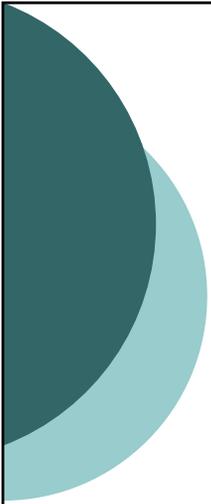
Health Implementation Plan

Plan Introductionpage 16

- Heart Disease.....page 17-19
- Mental Healthpage 20-22
- Obesitypage 23-25

Future Plans.....page 26-27
Plan Approvalpage 28



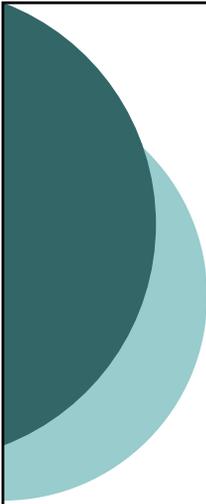


Community Health Needs Assessment

INTEGRIS
Baptist Regional
HEALTH CENTER

INTEGRIS Baptist Regional Health Center
Miami, Oklahoma

200 Second Ave. SW • Miami, OK 74354 • 918-542-6611



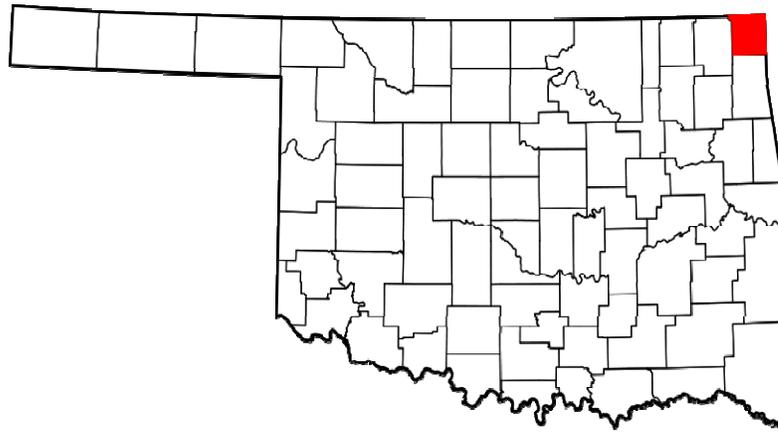
Community Partners

Participating in the Health Needs Assessment and the Health Implementation Plan

Contributions to this plan were made by members of Partners for Ottawa County Inc. and other community partners including the following:

- City of Miami
- Eastern Shawnee Tribe
- Grand Lake Mental Health Center
- INTEGRIS Baptist Regional Health Center
- Northeastern Oklahoma A&M College
- Northeastern Tribal Health System
- OASIS Counseling
- Office of Juvenile Affairs
- Oklahoma Commission on Children and Youth
- Oklahoma Division of Human Services
- Oklahoma Health Care Authority
- Oklahoma State University Extension—Ottawa County
- Oklahoma Turning Point
- Ottawa County Associate District Judge
- Ottawa County Boys and Girls Club
- Ottawa County District Attorney's Office
- Ottawa County Faith-based Community
- Ottawa County Health Department
- Ottawa County School-Based Social Workers
- Ottawa County School Districts
- ROCMND Youth Services
- Seneca Cayuga Tribe
- Shawnee Tribe
- Tri-County Wraparound
- Wyandotte Nation
- YouthCare of Oklahoma

Community Description



Ottawa County, the most northeastern county in Oklahoma, is bordered by Kansas on the north, and Missouri on the east. Established at statehood in 1907, the county is named in honor of the Ottawa Tribe of Oklahoma. Miami is the county seat, and the largest city within Ottawa County. The county is comprised of 10 cities, towns and census-designated places, eight of which are incorporated.^[1]

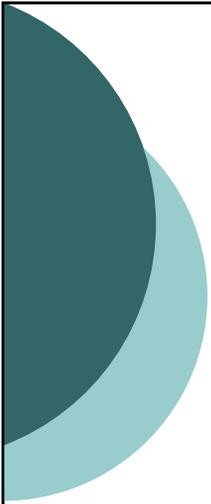
Ottawa county has a rich history of mining, staking claim to the largest source of lead and zinc in the world at the time of the region's production peak in 1926. Agriculture and ranching have also been important industries throughout the years. Currently, manufacturing, educational services, health care, accommodation and food service are the county's primary economic drivers.^[3] Ottawa County is home to nine different tribes, which also provide numerous employment opportunities.

At the time of the 2010 U.S. Census, the population of Ottawa County was 31,848. According to Census estimates, 24.7% of the population is younger than 18 years of age and 17.0% is age 65 and older. Ottawa County's ethnic diversity is made up of 71.0% White, 18.7% American Indian and Alaskan Native, 5.0% Hispanic or Latino origin, 1.1% Black, 1.0% Native Hawaiian and Pacific Islander, and 0.6% Asian. Persons reporting two or more races constituted 7.6% of the population.^[2]

Within this population, 2.3% of individuals were foreign-born, and 5.7% spoke a language other than English at home. Regarding individuals age 25+, 83.1% graduated from high school and 13.0% earned a bachelor's degree or higher. There were 3,023 veterans living in the county.^[2]

From 2007-2011, the homeownership rate in Ottawa County was 74.8% with households numbering 12,048. There were 2.56 persons per household, and 81.8% of persons lived in the same house for one year or longer. The median value of owner-occupied housing units was \$80,200, and median household income was \$36,931. Persons living below poverty was 18.8%.^[2]

The county is mostly rural occupying 470.82 square miles, and as of 2010, there were an estimated 67.6 persons per square mile.^[2]



Community Description

Regarding access to health care, the free community clinic that once served residents including those of surrounding communities was closed at the end of 2012. Native American residents have access to a state-of-the-art clinic and a strong tribal health network. Some tribal-sponsored programs are available to non-Native Americans, as well. Minimal inpatient mental health services exist, and there are currently no facilities for inpatient substance abuse treatment.

One hospital, INTEGRIS Baptist Regional Health Center, is located within the county and serves residents in northeast Oklahoma, as well as those of the adjacent border areas of Kansas and Missouri. One of the original charter members of the Oklahoma State Hospital Association, INTEGRIS Baptist Regional Health Center was founded in 1919 to meet the needs of local lead and zinc miners.

The Ottawa County hospital is licensed for 117 beds and has more than 50 physicians and mid-level providers on its medical staff. The hospital provides a host of inpatient and outpatient services, including critical care and surgical services, comprehensive rehabilitation, geriatric behavioral health, diabetes management, hospice, home health care and home medical equipment. Fully accredited by the Joint Commission, INTEGRIS Baptist Regional Health Center is one of the largest employers in Ottawa County, employing more than 500 and offering service opportunities for a compassionate force of more than 60 volunteers.

Our Vision: Most Trusted Name in Health Care.

Our Values: Love, Learn and Lead.

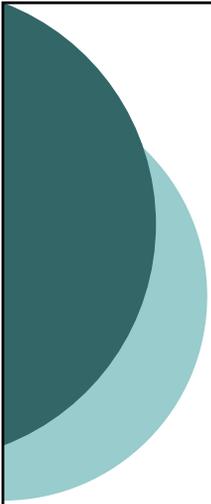
Our Mission: To improve the health of the people and communities we serve.



^[1] O'Dell, L. *Oklahoma Historical Society's Encyclopedia of Oklahoma History and Culture*. "Ottawa County." Retrieved March 18, 2013.

^[2] State & County Quick Facts. United States Census Bureau. "Ottawa County, Oklahoma." Retrieved March 18, 2013.

^[3] American Fact Finder. United States Census Bureau. "Ottawa County, Oklahoma." Retrieved March 18, 2013.



Methodology

Partners for Ottawa County Inc. (formerly Partners for Ottawa County Youth) was established in 2000 by a group of citizens committed to working together to improve attitudes and behaviors for county youth by improving quality of life and creating opportunities for healthy development. Years later, the coalition has continued to grow, with multiple agencies and community stakeholders attending regular monthly meetings to identify and address the needs of Ottawa County youth and families. The coalition's Health Task Force partnered with INTEGRIS Health beginning in June 2012 to assist with the development and administration of the Community Health Needs Assessment and the health improvement plan, which was completed by June of 2013.

Information for the community needs assessment was gathered using multiple tools. Data collection included focus groups, community health surveys and existing local agency partner data, along with the State of the State Health Reports and Community County Profiles. County data was compared to other similar county data, state and national data; trends and targets were identified, as well. INTEGRIS Health's Healthy Communities Assessment website was utilized during the process. Designed to help measure community health, the information system can be used to promote transparency, best practice sharing, collaboration and civic engagement. This data collection tool was designed by Healthy Communities Institute and makes sharing data with the community quite easy. A link to the community assessment is available at: <http://integrisok.com/baptist-regional-health-center-miami-ok>.

After compiling and analyzing the community surveys and focus groups, as well as the data from the additional aforementioned sources, the community partners were convened to share and prioritize results. The available data determined the following to be the top 10 priority issues for Ottawa County: **Lung Cancer, Diabetes, Heart Disease, Influenza and Pneumonia, Mental Health (Poor Mental Health Days and Suicide), Obesity, Stroke, Teen Birth Rate, Tobacco Use and Unintentional Injuries**. Actual and perceived needs within Ottawa County were discussed and the group selected tobacco use, obesity, mental health and teen pregnancy prevention as potential focus areas for the plan.

The needs assessments and proposed plans from each INTEGRIS Health facility were brought together in a series of meetings of the Community Benefit team, during which it was discovered that three health indicators—Heart Disease, Mental Health and Obesity—were significant issues in all of the service areas. The team suggested adopting these three focus areas for each facility would allow for uniting a systemwide effort to more effectively combat these issues, as essential components such as resources, personnel, best practices, programs and evaluation methods could be shared among facilities. This would help ensure the implementation of consistent strategies and action steps throughout the INTEGRIS Health service areas.

When approached with this suggestion, the Ottawa County Task Force expressed its approval. As related factors were discussed, the committee acknowledged that because tobacco use is a risk factor for heart disease, action steps related to cessation efforts could



Methodology

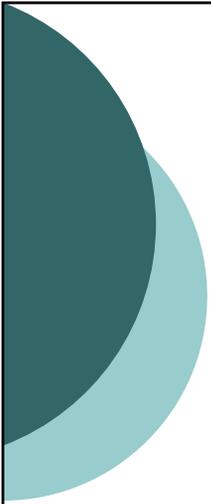
be included in that section of the plan. In addition, because other programs and assets currently exist within the community to address teen pregnancy prevention, the coalition agreed to take the lead in this issue with committed support from INTEGRIS Baptist Regional Health Center and INTEGRIS Health.

After considering factors, such as the community assessment, assets and resources, barriers, stakeholder input and significant data, the Task Force prioritized and selected the top three focus areas for this plan: **Heart Disease, Mental Health and Obesity.**

Determining Community Health Priorities

The top health priorities were prioritized based on data, community input, gaps in care and where the hospital could make the most impact. With each INTEGRIS Health facility focusing on the same top three health issues, a broader, statewide approach to implementation will be accomplished.



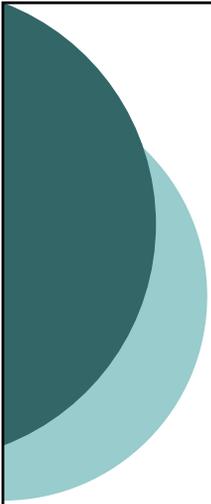


Prioritized Needs

The top health indicators for each INTEGRIS Health facility were determined using available data and community input. The Task Force considered death rates, increasing trends and feedback from the community needs assessment to identify a list of top 10 issues in Ottawa County. Once those top 10 issues were selected, the committee considered available resources and assets, gaps and barriers, and came to a consensus on four issues, that if improved, were believed would have the greatest impact on the overall health of its communities. Taking all data and input into consideration, and recognizing similar data and trends across each service area, the INTEGRIS Health team honed the list to three—Heart Disease, Mental Health and Obesity—to increase the ability of INTEGRIS Health to create change through unified efforts.

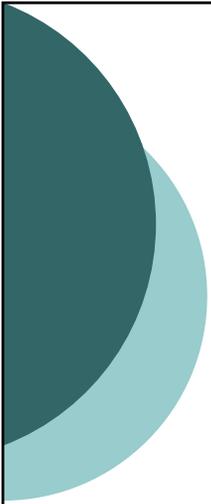
Target populations: High Risk, Minorities and Un/Underinsured

1. **Heart Disease:** Nationally, coronary heart disease makes up the majority of heart disease deaths. In 2006, 425,425 Americans died of coronary heart disease. Heart disease is also very costly economically with projected costs in 2010 of \$316 billion on health care services, medications and lost productivity. The age-adjusted death rate due to coronary heart disease in Ottawa County is 176.2/100,000, with the rate being higher among males (227.6) than females (140.3). In the community surveys, 62.9% of applicable respondents reported they or someone in their household had high blood pressure, a significant risk factor for heart disease. Data revealed that other risk factors such as diabetes, sedentary behavior and tobacco use are also high in Ottawa County. Considering these factors, in addition to the county rate being substantially higher than the Healthy People 2020 target of 100.8/100,000, heart disease was chosen as the top health issue.
2. **Mental Health:** Available data and community input from surveys and focus groups identified a clear need for mental health services. In Ottawa County, adults reported that in the past 30 days, an average of 4.8 of those days were spent in a state of poor mental health. Of the individuals responding to the related community survey questions, 32.8% reported that they or a member of their household were affected by stress or depression and 86.8% reported taking prescription medications for a behavioral health issue. Depression (79.8%) and substance abuse (70.8%) ranked as the two most commonly selected behavioral health concerns on the survey. In addition, the age-adjusted death rate due to suicide (positively correlated to poor mental health days) is 23.6/100,000, well above the Healthy People 2020 target of 10.2/100,000. In 2007, suicide was the eleventh leading cause of death in the United States, making it a major, preventable public health issue. INTEGRIS Generations is the only inpatient mental health treatment facility in Ottawa County; services are available for adults 55 and older. There are currently no adult inpatient treatment facilities for substance abuse issues. The need for outpatient services is also extremely high, especially for un/underinsured adults. A lack of mental health specialists and local services available for mental health emergencies, as well as providers' hesitation to write psychotropic prescriptions, exacerbates the issue.



Prioritized Needs

- 3. Obesity:** The percentage of obese adults is an indicator of the overall health and lifestyle of a community. Complications from being obese include such issues as heart disease, diabetes, cancer, hypertension, stroke, liver and gallbladder disease, respiratory problems and osteoarthritis. Being obese also contributes to significant economic burden due to increased health care spending and lost productivity. According to those responding to related survey questions, 36.1% reported that they or a member of their family were obese, 94.6% said that obesity in adults is a problem within the county, and 85.0% indicated that childhood obesity is a concern. Considering the obesity rate of 34.3% ranks in the bottom quartile of Oklahoma counties, and other data such as people in poverty (18.8%), grocery store density (0.09 stores per 1,000 population), and the high rate of sedentary adults (35.8%), obesity was placed atop the committee's list of health issues affecting their county.
- 4. Tobacco Use:** At last report, almost one-third (33.1%) of Ottawa County adults smoke, more than double the 12% Healthy People 2020 target. Data and community input indicated that this is a significant health issue within the county. Tobacco is the agent most responsible for avoidable illness and death in America today, bringing premature death to almost half a million Americans each year. Areas with a high smoking prevalence will also have greater exposure to second-hand smoke for non-smokers, which can cause or exacerbate a wide range of health effects. Of respondents to related questions on the community survey, 85.2% said tobacco use among adults was a problem in Ottawa County, and 91.4% believe that second-hand smoke is harmful to health. As such, it was important to the committee that this issue be addressed. However, the group agreed that as tobacco use is a risk factor for heart disease, related action steps to address cessation efforts could be included in the overall goal to decrease/maintain age-adjusted death rates due to coronary heart disease. In addition, a strong presence exists within Oklahoma by the TSET (Tobacco Settlement Endowment Trust) Coalition. Statewide cessation efforts are in place through a hotline referral system. Calls to the Quitline are steady at an average of more than 35 calls per month from the county in 2012. Although tobacco use is an important issue, the hospital will support existing efforts and continue to refer the community and all admissions that use tobacco to the Quitline
- 5. Teen Birth Rate:** Teen births are of concern for the health outcomes of both the mother and child. Pregnancy and delivery can be harmful to teenagers' health, as well as social and educational development. Babies born to teen mothers are more likely to be born pre-term and/or low birth-weight. This indicator was of high importance to the Task Force and the community at large, as suggested by responses given in focus groups and on the assessment surveys. Of those responding to the related questions, 43.0% said that teen pregnancy was one of the top five most important health risks in the community. The most current data shows that the county's teen birth rate is 72.5 live births/1,000 females aged 15-19, ranking at the 50th percentile of other Oklahoma counties. However, the trend appears to be decreasing. Resources and programs are available within the county through coalition partners and other agencies, which are



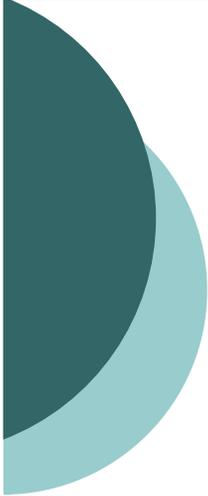
Prioritized Needs

working to address teen pregnancy prevention. INTEGRIS Baptist Regional Health Center and INTEGRIS Health have offered support to assist the coalition, with strong community partners taking the lead, in their continued efforts to combat this issue through education and awareness to positively impact responsible sexual behavior among teens.

- 6. Lung Cancer:** According to the American Lung Association, more people die from lung cancer annually than any other type of cancer, exceeding the total deaths caused by breast cancer, colorectal cancer and prostate cancer combined. The greatest risk factor for lung cancer is duration and quantity of smoking. In Ottawa County the age-adjusted death rate due to lung cancer is 92.8/100,000, which is more than double the target of 45.5 set by Healthy People 2020. The high rate of adults who smoke in the county is a contributing factor to this indicator. Efforts will be made to educate and create awareness of risks associated with tobacco use, including those related to lung cancer, as part of the strategies and action plans to address heart disease within the communities. INTEGRIS Baptist Regional Health Center and INTEGRIS Health will also continue to support efforts by the coalition and other community partners in this area.
- 7. Diabetes:** In 2007, diabetes was the seventh leading cause of death in the United States. In 2010, an estimated 25.8 million people or 8.3% of the population had diabetes. Diabetes disproportionately affects minorities and the elderly and its incidence is likely to increase as the minority populations grow and the U.S. becomes older. Diabetes can have harmful effects on most of the organ systems within the human body; it is a frequent cause of end-stage renal disease, non-traumatic lower extremity amputation, and a leading cause of blindness among working age adults. Persons with diabetes are also at increased risk of ischemic heart disease, neuropathy and stroke. In economic terms, the direct medical expenditure attributable to diabetes in 2007 was estimated to be \$116 billion. In Ottawa County, 12.8% of adults have been diagnosed with diabetes, which ranks in the bottom (worst) quartile of U.S. counties. Of applicable responses on the community survey, 27.8% said that they or a member of their household are diabetic. INTEGRIS Baptist Regional Health Center is currently making efforts to address this issue, and increased education and awareness regarding diabetes will occur as heart disease and obesity related strategies and action steps in this plan are implemented.
- 8. Stroke:** Cerebrovascular disease ranks third among the leading causes of death in the U.S. Each year, approximately 795,000 people in the U.S. will suffer a new or recurrent stroke. The age-adjusted death rate due to cerebrovascular disease in Ottawa County is 53.5/100,000, which is much higher than the Healthy People 2020 target of 33.8/100,000. The most important modifiable risk factors for stroke are high blood pressure, high cholesterol and diabetes mellitus. Regarding responses to related community survey questions, 62.9% reported they or a member of their household has high blood pressure, 33.4% high cholesterol, and 27.8% diabetes. Increased screening efforts, as well as education and awareness related to other strategies and action steps associated with this plan could have a positive indirect affect on this indicator.

Prioritized Needs

- 9. Unintentional Injuries:** Unintentional injuries are a leading cause of death for Americans of all ages, regardless of gender, race or economic status. In 2007, unintentional injuries were the fifth leading cause of death in the U.S., resulting in 123,706 deaths that year alone. Major categories of unintentional injuries include motor vehicle collisions, poisonings and falls. In Ottawa County, the age-adjusted death rate due to unintentional injuries is 78.0/100,000, more than double the Healthy People 2020 target of 36.0/100,000. Community partners such as the Oklahoma Highway Patrol, local law enforcement and the Oklahoma Poison Control Center are working to reduce unintentional injuries and related deaths within the county, and these efforts will continue to be supported by INTEGRIS Baptist Regional Health Center.
- 10. Influenza and Pneumonia:** In 2007, influenza and pneumonia ranked eighth among the leading causes of death in the U.S. The two diseases are traditionally reported together, as pneumonia is frequently a complication of influenza. The age-adjusted death rate due to influenza and pneumonia in Ottawa County is 35.6/100,000, ranking in the bottom quartile of U.S. counties. On the community survey, 86.5% of those responding to the related question indicated a knowledge about access to immunizations within their county. INTEGRIS Baptist Regional Health Center strongly supports influenza immunizations as part of both patient services and employee wellness. In addition, the hospital has a strong partner in the Oklahoma State Department of Health and Ottawa County Health Department, which work to address this issue. INTEGRIS Baptist Regional Health Center will continue to support the efforts of community partners to reduce this indicator, especially in regard to those most at risk including the elderly, the very young and the immune-compromised.

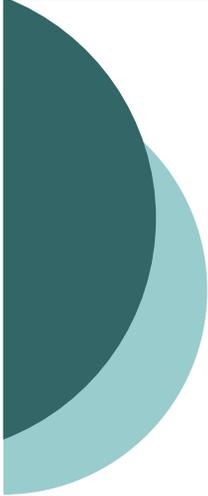


Assessment Summary

*Priorities addressed in the Implementation Plan are in RED

<u>Leading Health Issues</u>	<u>Measure</u>
Age-Adjusted Death Rate due to Coronary Heart Disease	176.2/100,000 (2009)
Poor Mental Health Days	4.8 Days (2005-2011)
Age-Adjusted Death Rate due to Suicide	23.6/100,000 (2008-2010)
Obesity	34.3% (2009)
Adults Who Smoke	33.1% (2005-2011)
Teen Birth Rate	72.5 live births/1,000 females aged 15-19 (2008)

Source: Healthy Communities Institute. (2013). INTEGRIS Baptist Regional Health Center, Ottawa County [Data file]. Retrieved from <http://integrisok.com/healthy-communities/baptist-regional>



Assessment Summary

<u>Leading Health Issues</u>	<u>Measure</u>
Age-Adjusted Death Rate due to Lung Cancer	92.8 deaths/100,000 (2005-2009)
Adults with Diabetes	12.8% (2009)
Age-Adjusted Death Rate due to Cerebrovascular Disease	55.3 deaths/100,000 (2008-2010)
Age-Adjusted Death Rate of Unintentional Injuries	78.0 deaths/100,000 (2008-2010)
Age-Adjusted Death Rate due to Influenza and Pneumonia	35.6 deaths/100,000 (2008-2010)

Source: Healthy Communities Institute. (2013). INTEGRIS Baptist Regional Health Center, Ottawa County [Data file]. Retrieved from <http://integrisok.com/healthy-communities/baptist-regional>



Implementation Plan 2014



INTEGRIS
Baptist Regional
HEALTH CENTER

INTEGRIS Baptist Regional Health Center
Miami, Oklahoma

200 Second Ave. SW • Miami, OK 74354 • 918-542-6611

Plan Introduction

INTEGRIS Baptist Regional Health Center has developed a community health implementation plan designed to address Heart Disease, Obesity and Mental Health. These issues were chosen based on community health data and identifiable gaps in available care/services. It was also determined that emphasis on these three issues would ultimately have the greatest impact on the community's overall health.

The objective of the implementation plan is to measurably improve the health of the citizens of the community. The plan's target population includes the community as a whole, and specific population segments including minorities and other underserved demographics.

The implementation plan includes components of education, prevention, disease management and treatment, and features collaboration with other agencies, services and care providers. It will be facilitated by the hospital, through the Department of Community Wellness with assistance from key staff members in various departments.

Target: The underserved and minorities

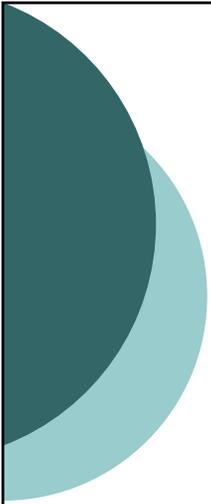
Responsible for Action Plan: Community Wellness and other hospital staff



INTEGRIS
Baptist Regional
HEALTH CENTER

INTEGRIS Baptist Regional Health Center
Miami, Oklahoma

200 Second Ave. SW • Miami, OK 74354 • 918-542-6611



Issue: Heart Disease

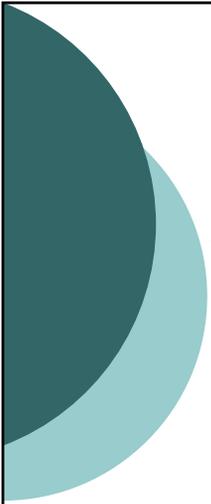
Goal: To prevent heart disease and to improve outcomes and quality of life for adults with coronary heart disease by **decreasing/maintaining the Age Adjusted Death Rate due to coronary heart disease in Ottawa County by FY 2016.**

Strategies: Prevention, Early Detection, Education and Collaboration

1. Collaborate with community partners to provide health resources and services targeting heart disease prevention.

Action Steps

- *Sponsor an annual community health event offering free screenings such as blood pressure, blood sugar and cholesterol. Partnering agencies will offer health promotion and health education material.*
- *Support local running and/or walking events through advertising and encouraging the community to participate (A minimum of one event).*
- *Participate in partnering agencies' wellness fairs by offering health education material, promoting/providing screenings and referring to hospital's existing support groups (A minimum of two events).*
- *Participate in at least one health fair that targets minority populations, offering screenings and education on prevention and management.*
- *Provide community health education targeting high risk populations in heart disease prevention efforts such a **healthy eating habits** (smaller portions, more fruits and vegetables, leaner meats), **increasing physical activity** and **tobacco cessation**. Hospital will utilize evidence-based programs when possible. (A minimum of eight nutrition/physical activity presentations and at least 50 referrals to the Oklahoma Tobacco Quitline).*
- *Promote and support evidence-based heart disease and related co-morbidities programs, services and treatment options within the hospital, the INTEGRIS Heart Hospital and community resources.*
- *Encourage employees and their families to participate in the hospital's wellness program, offering incentives for improved health.*



Issue: Heart Disease

2. Share information about health topics regarding heart disease prevention and services.

Action Steps

- *Educate the community on heart disease programs and treatment options provided by the hospital, INTEGRIS Heart Hospital and INTEGRIS Health statewide.*
- *Educate the community on cardiology services provided by INTEGRIS Health physicians locally and those available throughout INTEGRIS Health statewide.*
- *Educate the community on the importance of physical activity for heart health, promote evidence-based programs and provide information on options within INTEGRIS and throughout the community.*
- *Educate the community on heart disease utilizing INTEGRIS physicians, nurses, dieticians and other health professionals within the hospital and resources within the community.*
- *Educate the community on the effects of smoking and heart disease utilizing the INTEGRIS Health Smoking Cessation program and services provided by the Oklahoma Tobacco Settlement programs.*
- *Promote evidence-based heart healthy programs provided by INTEGRIS Health and other community resources.*
- *Utilize INTEGRIS TeleHealth Network to connect with specialty physicians and clinical professionals, as needed.*
- *Submit regular newspaper contributions promoting health and wellness, including services promotion (A minimum of ten articles).*
- *Assist in the facilitation of a cardiac support group for individuals (A minimum of four group meetings).*

3. Support worksite wellness.

Action Steps

- *Encourage other agencies in the community to provide wellness programs through the Certified Healthy Programs initiatives (A minimum of one new agency, business, school, restaurant will become Certified Healthy).*

Issue: Heart Disease

Potential Barriers

- Access to care (no free clinic)
- Availability of inexpensive tobacco
- Built environment not conducive to walking
- Cultural norms
- Fast-food restaurant density
- High incidence of diabetes
- High obesity rates
- Lack of availability of healthier nutritional options
- Poverty
- Sedentary lifestyles
- Tobacco policy (no local rights)
- Transportation

Available Community Resources/Potential Programs

- CATCH (Coordinated Approach to Child Health)
- Changing Your Weighs
- County health department
- Engaged community partners
- Federal and county programs
- Free and private health screenings
- Hospital
- Parks and walking trails
- Private and reduced cost fitness facilities
- Preventive health education programs
- Private Providers
- Tribal Health System
- Tribal programs
- Walk This Way/Couch to 5K





Issue: Mental Health

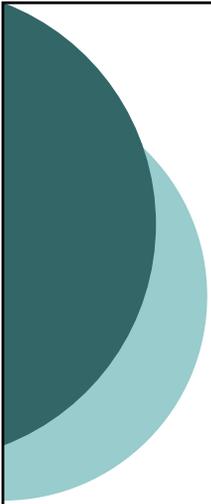
Goal: To improve to mental health wellness by **decreasing/maintaining the number of poor mental health days in Ottawa County for FY 2016.**

Strategies: Prevention, Awareness and Collaboration

1. Increase awareness.

Action Steps

- *Promote healthy forms of stress reduction: avoiding substance use/alcohol, relaxation, physical activity, good coping skills, etc. (A minimum of three presentations, news articles and/or events).*
- *Provide mental health education and resources to the community (A minimum of two presentations or events).*
- *Promote developmental assets and bullying prevention (A minimum of two presentations/trainings regarding 40 Developmental Assets).*
- *Promote services offered within the community for children and adolescents (A minimum of one presentation).*
- *Promote services offered at the main campus, Generations unit for the 55 and older population (A minimum of one presentation).*
- *Submit regular newspaper contributions describing issues related to mental health such as services, community events and health education (A minimum of four articles).*
- *Facilitate a speakers bureau helping the community to locate presenters speaking on specific/desired mental and physical health topics (A minimum of four referrals).*
- *Promote mental health services and resources to providers, the community and referral sources including the suicide prevention hotline and support groups (Distribute a minimum of 100 hotline cards within high risk population).*
- *Encourage medical providers to screen for depression and anxiety at annual exams (A minimum of five providers).*



Issue: Mental Health

- *Educate the community on the importance of anger management and stress reduction, promote evidence-based programs and provide information on options within INTEGRIS, INTEGRIS Mental Health and throughout the community.*
- *Educate the community and provide information on options of mental health issues utilizing INTEGRIS physicians, nurses, dieticians and other health professionals within the hospital, INTEGRIS Mental Health and resources within the community.*

2. Promote mental health services.

Action Steps

- *Collaborate with partnering agencies, such as Grand Lake Mental Health Center, ROCMND (Rogers, Ottawa, Craig, Mayes, Nowata and Delaware) Youth Services and YouthCare, to promote mental health resources and services (A minimum of four meetings).*
- *Refer the un-/underinsured to RX Oklahoma for free/reduced cost medications (Distribute a minimum of 100 brochures at health events).*
- *Promote evidence-based depression screening programs and treatment options provided by the hospital, INTEGRIS Mental Health and other community resources.*
- *Educate the community on suicide prevention programs and treatment options provided by the hospital, INTEGRIS Mental Health and other community resources.*
- *Utilize INTEGRIS TeleHealth Network to connect with specialty physicians and clinical professionals, as needed.*
- *Educate the community on alcohol/substance abuse and education programs provided by the hospital, INTEGRIS Mental Health, INTEGRIS physicians locally and those available throughout INTEGRIS Health statewide.*
- *Promote the free mental health screening and treatment options offered on the INTEGRIS Mental Health website, integrisok.com/mentalhealth.*
- *Promote the free mental health podcasts available website, integrisok.com/mentalhealth.*

Issue: Mental Health

Potential Barriers

- Access to care
- Cultural issues
- Expense of psychotropic drugs
- Lack of specialists
- Lack of support system
- Language issues
- Medical providers' hesitation to write psychotropic prescriptions
- No inpatient treatment center for adults 18-55
- Poverty
- Prescription drug abuse
- Self-medicating with alcohol/drugs
- Transportation

Available Community Resources/Potential Programs

- Children's mental health facilities
- Engaged community partners
- Evidence-based bullying prevention programs
- Federal and county programs
- Free and reduced cost prescription drug programs
- Grant and state funded counseling services at free and reduced cost for children and families
- Hospital
- Private providers
- School-wide suicide prevention program (SOS Signs of Suicide)
- Senior mental health inpatient treatment program
- State supported mental health system
- Suicide prevention hotline
- Tribal Health System
- Tribal programs



Issue: Obesity

Goal: To promote good nutrition and increased physical activity, thereby improving general wellness by **decreasing/maintaining obesity rates in Ottawa County by FY 2016.**

Strategies: Prevention, Education and Collaboration

1. Promote activities that encourage healthy lifestyles.

Action Steps

- *Participate in at least two community events that offer the following free screenings: blood pressure, blood sugar, body mass index and cholesterol.*
- *Participate in at least one event that targets minority populations.*
- *Support implementation of the evidence-based program, CATCH (Coordinated Approach To Child Health) that targets improving children's nutrition and increasing their physical activity. (A 32-lesson curriculum).*
- *Provide educational information related to healthy nutrition, physical activity, obesity prevention and related available services (A minimum of three events).*
- *Partner with local agencies by supporting local runs/walks and encouraging community participation (Sponsor financially and provide educational materials and/or screenings at a minimum of one event).*
- *Promote and support evidence-based obesity and related co-morbidities programs, services and treatment options within the hospital, the INTEGRIS Bariatric program and community resources.*
- *Promote evidence-based obesity prevention and intervention treatment programs provided by INTEGRIS and other community resources.*
- *Educate the community on obesity and diabetes programs and treatment options provided by the hospital and INTEGRIS Health statewide.*
- *Utilize INTEGRIS TeleHealth Network to connect with specialty physicians and clinical professionals, as needed.*

Issue: Obesity

2. Collaborate with others to promote good nutrition and physical activity.

Action Steps

- *Participate in the Partners for Ottawa County Inc. by assisting with the coalition's strategic plans of health promotion through consultation, sponsorship, attendance and staffing at events (Attendance at a minimum of six meetings).*
- *Support development of community/school gardens and farmers' markets (A minimum of one newspaper article).*
- *Encourage schools, businesses, campuses and the community to become Certified Healthy (A minimum of one new school, agency, business, school, restaurant will become Certified Healthy).*
- *Promote local resources that encourage and support increasing physical activity such as parks, trails, schools and fitness facilities (A minimum of one newspaper article).*
- *Educate the community on the importance of physical activity for a healthy lifestyle and heart health, provide evidence-based programs and promote exercise options within INTEGRIS and throughout the community.*
- *Educate the community on obesity, good nutrition, physical activity and behavior modifications utilizing INTEGRIS physicians, nurses, dieticians and other health professionals within the hospital and resources within the community.*



Issue: Obesity

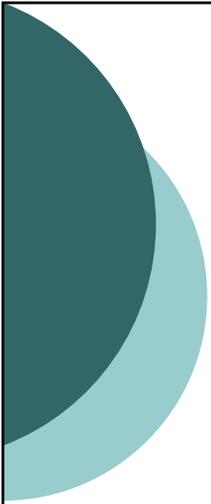
Potential Barriers

- Availability, convenience and low cost of fast-foods and unhealthy nutritional options
- Built environment not conducive to walking/does not support physical activity
- Cultural norms
- Excessive screen time
- Expense and low availability of healthy nutritional options, especially fresh fruits and vegetables
- Lack of structured afterschool and recreational activities for youth that support good nutrition and physical activity
- Limited health and physical education in schools
- Poverty
- Safety concerns
- Technology

Available Community Resources/Potential Programs

- CATCH (Coordinated Approach to Child Health)
- Changing Your Weighs
- Boys and Girls Club
- County health department
- Engaged community partners
- Federal and county health promotion programs
- Hospital
- Local programs and events promoting nutrition and physical activity
- Nutrition counseling and education
- Tribal Health System
- Tribal programs
- Use of parks and playgrounds after hours
- Walking trails





Future Plans

The Path Ahead

INTEGRIS Baptist Regional Health Center's service area was recently selected by INTEGRIS employees to receive the 2013 YOU&I Project. The hospital's surrounding communities will soon benefit from the LifeNet system, which allows EMS to send data from the field directly to care teams for rapid consult and decision support using their iPhones, providing patients the critical care needed within 90 minutes. This program will be renewed annually through donations from INTEGRIS employees for five years. Finding resources to sustain this program in future years will become a focus.

The Partners for Ottawa County Inc. will soon initiate the MAPP (Mobilizing Action through Planning and Partnerships) process, a cyclic progression toward community health improvement. Through their collaborative efforts, the partnership will begin the MAPP assessments in order to ultimately develop a community health improvement plan. This process, that begins anew every five years, will complement and support the efforts of INTEGRIS Baptist Regional Health Center and its requirements to assess and develop a continuous improvement plan for community benefit. The coalition will continue to meet monthly to assess the county's changing needs, discuss plan progress/ evaluation, and to explore and implement new, innovative programs for the community.

The coalition will explore the issues that were not addressed in the top three focus areas included in this plan. Several factors may have contributed to a particular issue not being selected to be included in this health improvement plan: significant data did not support prioritizing it as a top-three issue; potential strategies were not relevant enough to health or hospital functions; lack of resources/manpower exist to implement action steps; environmental/ infrastructure factors exist that are beyond the hospital and coalition's control; lack of supporting policy; three year data lag and free enterprise. Promising Practices and other evidence-based programs will be researched more thoroughly to address other identified issues after the initial plan is implemented.

Future Plans

All residents of the community are invited to attend and join the effort. To become more involved and be an active participant in the MAPP process or coalition activities, contact the following.

Brandi Larmon

Accreditation Coordinator
Ottawa County Health Department
918-253-4511
BrandiL@health.ok.gov

Summer Beck, M.S., CHES

Community Education Coordinator
INTEGRIS Health
Community Wellness
405-618-9769
Summer.Beck@integrisok.com

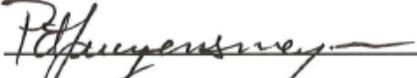


Plan Approval



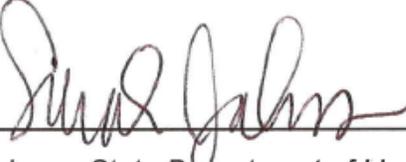
INTEGRIS Baptist Regional Health Center President

5-23-13
Date



INTEGRIS Board of Directors Chair Person

5-23-13
Date



Oklahoma State Department of Health Turning Point

6/4/13
Date

INTEGRIS Baptist Regional Health Center Community Health Improvement Plan 2014

CHIP Contact

Stephen D. Petty, B.A., M.A.
System Director Community Wellness
INTEGRIS Health
5100 N. Brookline, Suite 800
Oklahoma City, Oklahoma 73112

INTEGRIS
Baptist Regional
HEALTH CENTER



Community Health Improvement Plan 2014

**Partners for Ottawa County Inc.
INTEGRIS Baptist Regional Health Center
Miami, Oklahoma**

